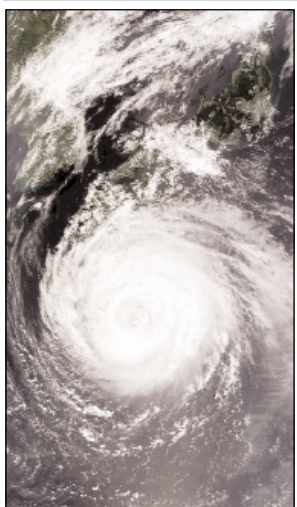


Wolf Pack WARRIOR

Vol. 18, No. 19 8th Fighter Wing, Kunsan Air Base, Republic of Korea May 30, 2003



Typhoon, Monsoon seasons just around the corner —
Find out how to get prepared.

See page 4

NEWS BRIEFS

Split disbursement mandatory
All military travelers must now select the split disbursement option on their travel voucher claims to directly pay their government travel card expenses. Split disbursement requires travelers to tally up their GTC expenses and authorize enough funds to be sent automatically to Bank of America to pay off their charges. Any remaining travel settlement will still be sent to the traveler's personal account. This change was mandated by the 2003 National Defense Authorization Act to reduce the number of delinquent travel card accounts.

'Air Boss' discusses war plan
Leaders from around the world came together at Osan Air Base, Korea, May 22 to discuss deterrence and change the war plan regarding the North Korean threat. The annual event provided an opportunity for coalition members, who would fight together if deterrence were to fail, to hear from the U.S. Forces Korea commander about his view of the plan.

Italy accepts F-16s for air force
Italian defense officials accepted the first of 34 modified and refurbished F-16 Fighting Falcon A and B models from experts at Hill Air Force Base, Utah, May 16. Ogden's Air Logistics Center provides total support for America's F-16 fleet by modifying and upgrading existing models, creating better fighters than originally imagined by engineers.

Reserves set training policy
Air Force Reservists who have been mobilized, demobilized or who served on voluntary military personnel appropriation tours in support of a contingency since Oct. 1 will not perform an annual tour between now and Sept. 30.



U.S. troops help Thai children
Twenty-six highly skilled U.S. Marines, sailors and airmen piled in a convoy for their newest mission, to visit the El Shaddai II Children's Home to provide cleaning supplies, toys and a little bit of love to children. Exercise Cobra Gold 03 is an annual exercise between Thailand, Singapore and the U.S. running from May 15 to 29 and is the latest combined exercise designed to ensure regional peace and stability, to provide humanitarian assistance, and to help Thailand respond to regional contingencies. Approximately 7,000 U.S. service-members are deployed to Thailand for the exercise.



Photo by Airman 1st Class Vanessa LaBoy

HITTIN' THE ROAD: Airmen from Holloman Air Force Base, N.M., board a C-17 Globemaster III leaving for a forward-deployed location supporting Operation Enduring Freedom. The Air Force is establishing two transitional air and space forces, blue and silver, to put the deployment schedule back on track by March 2004.

AEF rotations getting back on track

By Staff Sgt. A.J. Bosker
Air Force Print News

WASHINGTON — The Air Force is establishing two transitional air and space expeditionary forces, blue and silver, to put the deployment schedule back on track by March 2004 and to bring home deployed airmen as quickly as possible.

"We envision these two 120-day rotations filling the requirements of combatant commanders through spring when we can once again implement the normal steady-state AEF rotation," said Maj. Gen. Timothy A. Peppe, special assistant for AEF matters at the Pentagon. "Additionally, we can expect some aircraft, aircrew and associated maintenance rotations outside these two transitional AEFs as we attempt to get them back to the normal schedule next spring."

The blue AEF will be on call to fulfill mission requirements between July and November, Peppe said. Silver will be on call from November through March.

"The magnitude of the various combatant commanders' continuing requirements throughout the world will dic-

tate the number of airmen that we will have to deploy," he said.

According to the general, airmen in AEFs 9/10 and 1/2 who were identified to support Operation Iraqi Freedom but did not deploy will likely be the most vulnerable to deploy with the blue or silver AEFs.

"Ideally, as we go through the process [of matching people to these AEFs], those that have been home the longest from a previous deployment will be matched to deploy first," he said.

"There may be some exceptions but I certainly hope not many. We will start with AEFs 9/10 and reach forward, as needed, to fill requirements," he added.

Airmen selected to support the blue AEF can expect to be notified of their deployment vulnerability over the next few weeks, he said.

"Most of the major command deployment taskings will be made by June 10 and airmen should receive their notifications soon after," he said.

"However, if a [major command] cannot fill a particular tasking, the AEF Center [at Langley Air Force

Base, Va.] will have to source it to another [major command], which may delay some individual notifications," he added.

These transitional AEFs will allow the Air Force to get currently deployed airmen back home to their families, he said.

The combatant commanders are already releasing forces that were deployed, but those forces may need to remain in theater until the Air Force can fill those requirements and get enough assets in theater to bring them home, he explained.

"We would like to rotate people home more quickly but the bottom line is that it takes time to make this happen," Peppe said. "But we are working the issue as hard and as fast as we can."

"Airmen need to understand that the AEF is operating 'as advertised,'" he said. "It was designed, from the start, to 'flex,' as necessary, to meet the widest range of combatant commander requirements.

A transition period like the one we are experiencing now is normal as we move from one AEF operating environment — crisis action — to

another — steady state."

"Since its beginning, I think the AEF has been a great success," he said. "I don't believe it was ever designed to handle a situation the size of the one we just had but I think it worked well."

"We were able to use it to [quickly] and accurately identify people to meet the combatant commanders' requirements," he added.

The Air Force was initially tasked to deploy approximately 120,000 active-duty, Guard and Reserve airmen, nearly a quarter of the service's military people, to support operations in Iraq, Peppe said.

"However, we only needed to deploy approximately 50,000," he explained.

"That feat is a testament to the awesome work of our people and the AEF that was flexible enough to adapt to mission requirements and fill them as needed."

Although Air Force leaders want airmen to be reunited with their families as quickly as possible, the service still must meet the needs of the combatant commanders to continue supporting operations throughout the world, he said.

U.S., Korea ‘Good Neighbor’ continues

By Army Gen. Leon LaPorte
U.S. Forces Korea commander

May is “Good Neighbor Month.” “The Good Neighbor Programs” we implement on the Korean peninsula stand as the cornerstone of successful Republic of Korea — United States relations.

For over five decades our two nations have been staunch allies, and within that firm framework, personal friendships between the people of South Korea and America have developed over and over again. Stories abound about friendships kindled by a one-year tour, which in turn evolved into a lifelong friendship of letters, e-mail, phone calls and nurtured through the decades with mutual visits.

The United States Forces Korea honored six Korean citizens and organizations for their outstanding accomplishments during a “Good Neighbor” awards dinner at the Dragon Hill Lodge at Yongsan Army Garrison, Seoul, May 7. Mr. Ahn, Byung Hyup, Mrs. Son, Young Ok; Mr. Choi, Sun Sik; Mr. Oh, Kap Dong; and Mr. Yi, Kyung Chu were honored as individuals and Commissioner General Choi, Ki

“The ‘Good Neighbor Programs’ we implement on the Korean peninsula stand as the cornerstone of successful Republic of Korea - United States relations.”

— Army Gen. Leon LaPorte
U.S. Forces Korea commander



Moon accepted an award on behalf of the Korean National Police Agency. These deserving civic personalities and groups from across the Republic of Korea made significant personal contributions that positively impacted our Republic of Korea — United States Alliance. They were recognized for their tremendous efforts, and we are so very proud of them. Their demonstrated proactive participation in our community is helping to guarantee the future success of peace and prosperity on the peninsula, and a lasting friendship.

Our “Good Neighbor” Programs across the peninsula will strengthen our Republic of Korea — United States alliance through comprehensive programs that actively engage the local community, government, media,

business, university, school, and military in order to provide public understanding and appreciation of our mission on the peninsula. I have instituted a host of plans and programs which seek to attain this goal.

“Good Neighbor Month” will prove to be an exciting time as commanders in our military communities from the DMZ to Pusan host numerous events and activities to show appreciation to our Korean friends and neighbors. I encourage all service members, civilians and family members to participate and to have fun.

Our Republic of Korea — United States Alliance has successfully defended freedom and democracy for 50 years and we look forward to another 50 years — together.

Katchi Kapshida!

Action Line 782-5284

action.line@kunsan.af.mil



Col. Robin Rand
Commander, 8th Fighter Wing

The Action Line is your direct line to me. Use it if you have concerns or suggestions about the Wolf Pack that can't be resolved through the agency involved or your chain of command. When you call, please leave your name, a phone number where you can be reached and a brief description of your problem or concern. You can also send an e-mail to action.line@kunsan.af.mil.

AAFES Customer Service.....	782-4426
Area Defense Council.....	782-4848
Base Exchange.....	782-4520
Chapel.....	782-4300
CES Customer Service.....	782-5318
Commissary manager.....	782-4144
Education Office.....	782-5148
Dining Hall.....	782-5160
Fitness Center.....	782-4026
Golf Course.....	782-5435
Housing Office.....	782-4088
Inspector General.....	782-4850
IDEA Office.....	782-4020
Law Enforcement Desk.....	782-4944
Legal Assistance.....	782-4283
Military Equal Opportunity.....	782-4055
Military Pay.....	782-5574
Military Personnel Flight.....	782-5276
Medical Patient Advocate.....	782-4014
Network Control Center.....	782-2666
OSI.....	782-4522
Public Affairs.....	782-4705
Telephone Repair.....	119

Latin Night

Why has Latin Night at the Loring Club been getting cancelled lately?

The club tries to facilitate a larger event like the ORI party or an awards banquet, etc. In recent months, I believe Latin Night was bumped twice. Once, due to the disc jockey taking leave and not letting anyone know in enough time for a back-up to be found and a second time for the post ORI party which accommodated well over 2,000 people. I fully support providing this entertainment to our Wolf Pack members as does our services staff. But on occasion, events impact the schedule.

Country night has also been affected on several occasions as well because other events were added to the calendar.

Whenever the club impacts an event, the staff tries to, and I think usually does, make other arrangements. They might slip the event to a later time the same night or move it to the enlisted lounge. I reviewed the circumstances surrounding the recent impacts to the scheduled Latin Nights with the individuals I've listed above and I feel our club has made a good faith effort to be as fair as possible.

Latin night will continue to be offered the second Saturday of the month as long as members support this event. The Loring Club's management is eager to work with the Latin community, as well as with others, to satisfy the Wolf Pack's entertainment needs.

If you would like to be more involved in planning club activities, call Don Montgomery or Jim Boogaard at 782-4312 or attend the quarterly club advisory council meetings. The next meeting is scheduled for Wednesday at 3 p.m. in the Loring Club officers' lounge.

Airman learns importance of seeking help

By Senior Airman
Heather Shelton
86th Airlift Wing Public Affairs

RAMSTEIN AIR BASE, Germany — My story isn't about how I urinated all over myself while performing a field sobriety test, or how I struggled with the female security forces member who put me in cuffs after I was apprehended for driving under the influence.

My story is about the realization and acceptance of the mistake I made, and the effect it's had on me and the people around me.

The realization of what I did began to sink in during my verbal reprimand from the wing vice commander about my recent behavior.

As I stood at attention in front of him, he looked up from his desk after reading my charges and asked one simple question, “Why?”

No matter how hard I thought about it, all I could think of was the usual, “I made a bad decision... I had

a lapse of judgment.”

He sat behind his seemingly larger than normal desk, in a room in which I felt so small, and said, “No. That's not good enough. Why?”

As I looked slightly above his frightfully piercing-blue eyes, I stood there trembling, trying to muster a more acceptable answer.

No matter how hard I tried to use my gift for saying what people wanted to hear, I couldn't form a complete thought. It was like every word in my vocabulary had instantly vanished.

At that moment, his question seemed to be the most profound thing I had ever heard. I thought, “Why? What does he mean, why? How do I answer this?”

Because I couldn't answer his question, and was completely baffled by it, I sought help. It's because of the help I received that I can say this: I didn't care about anyone else -- it was all about me. My need to drink, and lack of control

over it, clouded the thoughts of whom I'd disappoint or possibly even hurt.

I too, was one who rolled my eyes at the ever-popular saying, “If you drink, don't drive. If you drive, don't drink. If you're drunk and you need a ride, call someone.”

Personally, I couldn't really picture my supervisor being too thrilled about rolling out of bed at 3 a.m. on a weekday to come pick me up at a bar. I could just see the look on his face, and hear the tone in his voice during the stern lecture I'd surely receive.

Flashbacks of busting curfew in high school entered my head, and out of sheer fear of reliving those torturous speeches, I thought to myself, “I'm fine. I'm a good driver. I can do this.”

Looks like I was wrong. A quick read of the police report will tell you just how wrong I was.

But, I shouldn't have been afraid. Because right now, I'd take a good, late-

night verbal assault over everything I've put the people who care about me through.

The apathetic looks, eyes-to-the-ground headshakes, and sighs of disappointment, will haunt me for a long, long time. The past really doesn't go anywhere ladies and gentlemen; it just floats in the background waiting to be introduced to those who bring it up.

Day after day, for the rest of my career, questions will be asked. It's the questions I fear most. Answering the phone and hearing in response to my greeting, “Senior Airman Shelton? Wait, aren't you a staff sergeant? Whoa ... what happened?”

Sadly, questions aren't the only things that add to the humiliation of a “hard bust.”

When people think about losing a stripe, they usually worry about losing money or having to start promotion

See **HELP**, page 5

WOLF PACK WARRIOR
Vol. 18, No. 19

Defend the base
Accept follow-on forces
Take the fight North

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Content

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Submissions

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right to edit all submissions to conform to Air Force journalism standards, local style, and available publication space. Submissions should be e-mailed to wolfpackwarrior@kunsan.af.mil and include the author's name, rank and duty phone. Fax and typewritten submissions are also accepted.

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MONTHLY SORTIE GOALS

Unit	Goal	Flown
35th FS	366	320
80th FS	351	329
8th FW	717	649

PACAF commander: 'Our #1 job is readiness'

By Staff Sgt. Mikal Canfield
35th Fighter Wing Public Affairs

MISAWA AIR BASE, Japan — Gen. William Begert, the command's leader since May 2001, came to Misawa May 13-15 meeting with community leaders, visiting base facilities and talking to the people of Misawa.

The general emphasized that the command's number one objective is readiness.

"Our number one job is readiness, and we've been able to meet that challenge," he said. "I'm proud of the men and women of PACAF, as we've been able to keep our edge up. Keeping this readiness focus is what led to our winning the Secretary of the Air Force safety award for ground safety and overall safety."

A large part of maintaining readiness is being a physically-fit force, something Begert considers to be one of the command's top priorities.

"It's so easy to get started in some kind of fitness routine," he added. "All you need to do is go to the fitness center, and they can get you started in the 'Fit to Win' program."

The general has said in the past fitness is as important to our jobs as our technical training and experience.

These three objectives help command members remain poised and ready to win any war, which is important with the growing number of potential conflict areas in the Pacific region.

"There's a lot of instability and concern in the PACAF region as we continue to face growing international challenges," Begert said. "We need to make

the Air Force of the future more capable to meet these challenges, which includes getting rid of some of our older aircraft and becoming a more modern force."

The modern Air Force the general envisions will face many new challenges, with dramatic changes in the Middle East now that Operations Northern and Southern Watch no longer exist.

Still, Begert believes it's too early to begin thinking our mission in the region is complete.

"We're still very early in the 'lessons learned' process from Operation Iraqi Freedom. The war may have looked easy, but it wasn't easy," he said. "There will be new procedures and new Air Force doctrine that come from these 'lessons learned' which will help

PACAF be ready for future challenges."

The general also believes changes on the Korean peninsula are still just in the early stages.

He noted that on-going discussions will determine the future of the U.S. presence on the peninsula. The command is in a wait-and-see mode to see how things turn out.

Overall, Begert believes the future of the Air Force is very bright, and the key to our success is our people.

"I've seen a lot of changes and I can tell you the Air Force of today is much better than the Air Force I came into 35 years ago," the general said. "We're better trained, better educated and the airmen of today are more motivated and capable of doing their job with the depth of knowledge and expertise to meet today's challenges."



Photo by Staff Sgt. Chuck Walker

DEFEND THE BASE: A fire team of 8th Security Forces Squadron members practice air base ground defense during April's Operational Readiness Inspection. SFS troops get quarterly refresher training at Osan Air Base's commando warrior course.

Training to defend the base

SFS troops participate in Osan's 'commando warrior' course

By Senior Airman Andrew Svoboda
8th Fighter Wing Public Affairs

Security forces troops from bases throughout Pacific Air Forces, including members of the 8th Security Forces Squadron, recently gathered at Osan Air Base for the 'commando warrior' training course.

The 16-day course was an opportunity for SFS troops to get refresher training on air base ground defense tactics, both in the classroom and in the field.

Instructors from Osan teach a variety of ground defense basics, such as patrolling movements, how to set-up an ambush and how to use field phones and PRC-139 radios. During the classroom instruction, troops also learn about different types of attacks and threats.

To make the scenario as real as possible, SFS troops are divided into an operations center and a defense force, each with specific training. Kunsan's security force troops performed defense force duties during this training; however, the roles are rotated during each of the quarterly training courses.

"We patrolled outside the fence line, diverted enemy outside the base, and repelled or delayed

enemy depending on size of force," said Airman 1st Class Matthew Nicholson, 8th SFS. "Since tech. school, we've been taught little bits [about air base ground defense], but not in one big course like this."

Troops put all their learned skills to work in the field-training portion of the course, a three-day exercise.

Troops worked 12 hours the first day and transitioned to 24-hour operations while living in tents to prevent penetration from simulated opposing forces. Instructors evaluated the exercise and critiqued troops on their defense skills.

Operations center troops oversaw scheduling and dispatching while the defense force was responsible for patrolling and manning defensive fighting positions.

"We used night vision thermal imagers, night vision goggles, and rigged claymore mines, trip flares and other early detection devices," said Nicholson. "This was the first time I used the mines or trip flares, so this was a good learning experience."

Although the scenarios involved Korea because that's where the class took place, the course was beneficial to security forces troops assigned anywhere in the world.

"The class was helpful to let you know what you're up against if the North Koreans were to attack," said Nicholson. "The training was broad enough to be modified and applied at any base."

Radar approach receives upgrade

By 1st Lt. Heather Healy
8th Fighter Wing Public Affairs

Members of the 8th Communications and Civil Engineer Squadrons finished replacing the Precision Approach Radar May 18 with a refurbished system making life for Wolf Pack airmen involved in radar maintenance a lot easier.

The PAR is a fixed, ground-based approach control system used to recover all types of aircraft during inclement weather.

"We received a refurbished, \$8.2 million radar system from Tobyhanna Army Depot. The system is used to guide primarily Navy and Republic of Korea Air Forces flyers to a safe touchdown on the runway during peri-

ods of low visibility," said Master Sgt. Stephen VanStee, 8th Communications Squadron air traffic control and landing systems branch chief.

The PAR also is extremely important for F-16 pilots. According to Maj. Bob Winkler, 8th Operations Support Squadron, F-16s are equipped with an instrument landing system, but should the ILS break in the jet, the PAR becomes crucial.

The old system had been in place 15 years and the replacement couldn't have come at a better time.

"This swap out was part of the programmed depot maintenance program where every so often we'll swap out a major system like this and put a fresh

one in place," said VanStee.

The price tag on maintaining the old system was high, nearly \$220,000 a year, and the members of the radar maintenance flight were spending 10 to 12 hour days, weekends and holidays trying to keep the old one running.

Now, according to Tech. Sgt. Susan Faus, NCOIC of radar maintenance, the members of her team have the opportunity to focus on training and their other duties around the base.

According to VanStee, the radar shop's workload was reduced by 60 percent because of this replacement.

Faus and Tech. Sgt. Charlie Hyman, chief of plans and implementation for the PAR

replacement project, knew the old system had to go, but replacing that system with a new one was a big project all in itself.

"It wasn't one big thing that was the challenge," said Hyman. "It was managing the project-making sure all the bits and pieces came together."

The bits and pieces did come together, with resounding success, because of the pre-planning of Hyman and Faus.

"The installation was completely smooth and uneventful," said VanStee, who noted that Pacific Air Forces said it was the fastest installation of this type of system that they had participated in.

The physical implementation of the PAR began on May 3 and

ended a speedy 15 days later, but Hyman began the preparation for the swap out six months ago, said Faus.

The radar maintenance folks are quick to point out they were not alone in the effort to replace this system.

Hyman and Faus acknowledge a myriad of people, from civil engineering to transportation to the civilian contractors that made the special trip to Kunsan, as making it happen.

"CES, Heating Ventilation and Air Conditioning shop, Power Production, Exterior Electric, and Horizontal were out here almost every day," said VanStee. "It was a true Wolf Pack effort."

Kunsan residents prepare for typhoon, monsoon seasons

By Staff Sgt. Robert Wollenberg
8th Fighter Wing Public Affairs

Winds in excess of 120 mph, more than 30 inches of rain in less than 10 hours, 20,000 homes flooded, numbers of missing and dead reached nearly 200 with thousands more left stranded, 80,000 tons of crops destroyed, and an estimated \$1.4 billion in damages ... These are the aftermath statistics of Typhoon Rusa that swept through Korea in September 2002.

Kunsan Air Base is susceptible to two different inclement weather conditions, typhoons and monsoons. Typhoon is synonymous with hurricane. They are both defined as a tropical cyclone, only a typhoon occurs in the western Pacific or Indian oceans whereas a hurricane occurs in the Atlantic Ocean or Caribbean Sea. A monsoon, on the other hand, is heavy winds accompanied by heavy rainfall. Both are dangerous, and both could happen here.

“With Kunsan Air Base being so flat we do get overland flooding,” said Master Sgt. Timothy Dermody, 8th Civil Engineer Squadron readiness operations and plans NCOIC. “The flooding isn’t often too deep, but it does cause concerns when vehicles are driving around base. Some vehicles we operate can be swept away by as little as six inches of swiftly moving water.”

With flooding comes other hazards as well. According to Dermody, flooding can cause some serious health problems too. “Lots of displaced critters will be looking for higher ground,” he said. “Anything they find above the water line will suffice, including your leg.”

Flooding will often contain various biohazards, he said, such as petroleums, oils and fuels. It may also contain other things that could float up from the benjo ditches. “Basically, stay clear of flooded areas if at all possible.”

“Effective preparedness before unexpected severe weather occurs is the most important thing each of us can do,” Dermody said.

Emergency kits can make the difference between people going hungry or thirsty or getting cold or wet, Dermody said. The basics for an emergency kit include a flashlight with extra batteries, portable battery-operated radio with extra batteries, first aid kit with manual, emergency food and water, non-electric can opener, essential medicines, cash, credit cards, sturdy shoes, personal hygiene items and anything else you would want to bring with you should you get stuck in your room or have to relocate on a moments notice.

“After the storm arrives and we’re all locked down, it’s a little late to remember something you should have done,” Dermody said.

Making checklists ahead of time is



Photo by Senior Airman Andrew Svoboda

RUNNIN’ FOR COVER: A Kunsan member runs for cover Aug. 31, 2002, during Typhoon Rusa. Typhoon Rusa hit Kunsan with wind gusts exceeding 55 mph causing an estimated \$1 million in damages.

a good idea. Keeping recall rosters handy is important too.

“Communication often breaks down during a crisis,” he said. “Being able to contact each other up and down the chain of command is essential.”

Knowing the Tropical Cyclone

Conditions of Readiness also is important for Kunsan AB. The TCCORs here consist of the following:

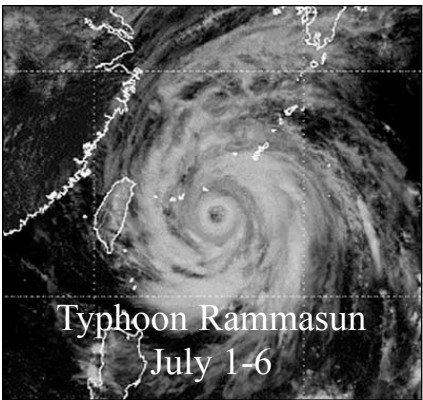
- ◆ **TCCOR 4** — Winds in excess of 50 knots within 72 hours
- ◆ **TCCOR 3** — Winds in excess of 50 knots within 48 hours, personnel may be recalled to help secure and inspect unit areas
- ◆ **TCCOR 2** — Winds in excess of 50 knots within 24 hours, emergency specialized teams may be put on stand-by, may need to board windows
- ◆ **TCCOR 1** — Winds in excess of 50 knots within 12 hours, nonessential personnel are released to their quarters

At all TCCOR levels, personnel should stay tuned to the commander’s access channel, tune into Armed Forces Radio Network, or listen to the giant voice for more information on actions to take as the TCCORs change.

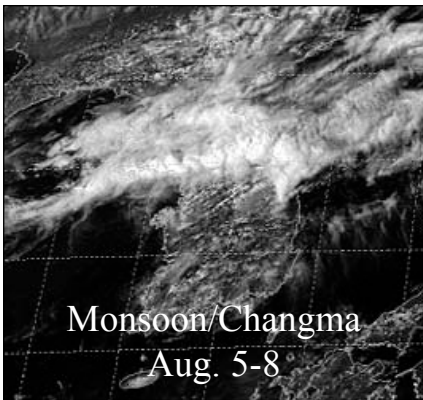
“Being ready for the typhoon/monsoon season is the ‘preparedness key,’” said Dermody. “Every action we take before a typhoon or monsoon strikes is one less thing we have to worry about when the rain and wind arrive. Whether it’s a unit, flight or personal mitigation effort, you’ll be that much more prepared to handle and survive the disaster.”

The 8th Fighter Wing Full Spectrum Threat Response Plan 10-2 includes information on the safest actions to take when notified of incoming inclement weather and can be obtained by contacting your disaster preparedness representative or the 8th CES Readiness Flight at 782-4826.

2002 Tropical Impacts



Typhoon Rammasun
July 1-6



Monsoon/Changma
Aug. 5-8



Typhoon Rusa
Aug. 31 - Sept. 1

Highest Winds at Kunsan

1. *Typhoon Rusa	Aug. 31	50 knots
2. Monsoon Event	Aug. 7	48 knots
3. Typhoon Rammasun	July 6	28 knots

Rain Totals at Kunsan

1. Monsoon Event	Aug. 5-8	4.58 inches
2. Typhoon Rammasun	July 1-6	2.57 inches
3. *Typhoon Rusa	Aug. 30 - Sept. 01	2.53 inches

* Kunsan Air Base unofficially tallied \$1 million in damages



Photo by Senior Airman David Miller

FINI FLIGHT

Col. Steven Armstrong, 8th Operations Group commander, returns following his final flight at Kunsan May 8. He relinquishes command of the group to Col. Kurt Neubauer June 4. Following the change of command, Armstrong will assume duties as the 611th Air Support Group commander at Elmendorf Air Force Base, Alaska.

First Term Airmen Center Graduates

* The following airmen graduated May 23.
8th Civil Engineer Squadron

- Airman Zachary Causey
- Airman 1st Class James Peterson
- Airman 1st Class John Scherstuhl
- Airman 1st Class Earnest Tyson
- Airman 1st Class Nathaniel Zaehringer

8th Security Forces Squadron

- Airman 1st Class Carlos Eyzaguirre
- Airman Michael Fonzo
- Airman 1st Class Maurice Glenn
- Airman 1st Class Shawna Kronyak

8th Maintenance Squadron

- Airman 1st Class Donald Hannant
- Airman 1st Class Melinnia Lord

8th Communications Squadron

- Airman 1st Class Elizabeth Rystrom

— Courtesy of First Term Airmen’s Center

June Promotions

To Airman

8th Communications Squadron

- Joseph Galanti

8th Maintenance Operations Squadron

- Philip Andrews
- Glenn Fowler

To Airman 1st Class

8th Mission Support Squadron

- Valena Alcantar

8th Maintenance Operations Squadron

- Boris Pettit

8th Security Forces Squadron

- Lee Ellam
- Grayson McLaren

To Senior Airman

8th Aircraft Maintenance Squadron

- Kerry Jones
- Travis Jones

8th Civil Engineer Squadron

- Bryan Malcom
- Emilio Martinez

8th Communication Squadron

- Myles Reed

8th Medical Operations Squadron

- Brooke Ogunyemi

8th Logistics Readiness Squadron

- Christopher Green
- Jackelyn Hastings

8th Maintenance Squadron

- Kevin Lehmann

8th Security Forces Squadron

- David Womack

To Staff Sergeant

8th Aircraft Maintenance Squadron

- Samuel Brandt
- Jason Brathwaite
- Daniel Carrasquillo
- Robert Hasslinger
- Jonathon Sedlacek
- Jack Stanley

8th Civil Engineer Squadron

- Jeffery Goff
- Timothy Leviston
- Danny Taylor

8th Security Forces Squadron

- David Bernal
- James Parisi

8th Logistics Readiness Squadron

- Joshua Armes

8th Maintenance Operations Squadron

- Angela Grey
- Brian Orona
- Kevin Sword

8th Maintenance Squadron

- Heath Chellberg
- Sean Harris
- Dennis Lotito
- Bernard Mallada

- Robert Morris
- Brandi Norman
- Brett Vanderheide

8th Operations Support Squadron

- Mathew Gann

8th Services Squadron

- Ira Palmer

To Technical Sergeant

8th Fighter Wing

- Kelley Stewart

8th Logistics Readiness Squadron

- Kevin Ritchie

8th Medical Operations Squadron

- Pamela Browning

8th Maintenance Operations Squadron

- Jerry Brock
- Charles Crews

8th Operations Support Squadron

- Larry Shelvy

To Master Sergeant

8th Aircraft Maintenance Squadron

- Regan Crowder
- Steven Farver

8th Civil Engineer Squadron

- Michael Rosser

8th Medical Support Squadron

- Richard Watson

8th Operations Group

- Arthur Jarumay

— Courtesy of the Kunsan Top 3

HELP continued from page 2

dates all over again. But wait, there’s more. There are the little things that get overlooked until you’re forced to face them.

For me, that walk of shame has included:

- Changing my e-mail signature block.
- Answering the phone at work.
- Getting all new uniforms so the unfaded spot the larger stripes once covered doesn’t show.
- Knowing the entire KMC and Air Force Public Affairs career field will see my name has changed in the base paper and in stories on the Web. See it and simply wonder.
- Bumping into old classmates or co-workers and getting puzzled looks.
- Getting a new ID card and new checks printed.
- Having to pay out of my own pocket to move into the dorm, while finding a place to store my extra belongings that won’t fit in the room.

— Finding transportation to and from work, meetings, appointments, the commissary, all the while knowing I have a beautiful brand new car I can’t drive.

— Breaking the news to my parents who are retired military and hearing they’ve shared the news with other retired military family members.

— Explaining to my little sister, the little girl who used to idolize me, how I shamed myself and my unit.

Unfortunately, the list doesn’t stop here. Every day, I’m presented with a new obstacle or embarrassing moment that I never imagined I would ever have to deal with.

Yet still, I consider myself very lucky. Not only could my punishment have been a lot worse, I could have hurt or even killed someone.

Now, I have a second chance. Because of great support from friends and co-workers, and the help I’ve received, I can get through this. Not only can I get through it, I can prove to others, and to myself, that I am indeed a valuable member of the Air Force team.

But, I can’t do it alone. No one can.

My advice to those who read this, always have a plan and stick to it. However, if your plan fails, pick up the phone and ask for help, whatever your problem may be. Don’t stop if you can’t reach someone right away, keep dialing until someone picks up — someone always picks up.

College
Registration
through Monday
Classes held Monday to July 26
Sign up at the education office

http://www.kunsan.af.mil/wpw/

OF THE PRIDE PACK

Job: 8th Mission Support Squadron Outbound Assignments

Duties: I take care of everything that has to do with outprocessing including briefings, rips and orders.

Hometown: South Bend, Ind.

Follow-on: Holloman Air Force Base, N.M.

Hobbies: Going to the gym, playing basketball, listening to music, playing video games, watching movies

Favorite music: Pink Floyd

Last good movie you saw: “Matrix Reloaded”

Best thing you’ve done at Kunsan: Taking the DMZ tour because seeing the North Korean soldiers reminds you how serious the situation is here and it’s unlike anything you would see in the United States... and being Pride of the Pack.

“A1C Radabaugh leads a three person team responsible for stage one assignment processing for all Wolf Pack personnel. He provides initial assignment briefings to more than 200 personnel each week and outprocessing briefings to an average of 75 per week and led to his being hand picked as a member of the Patriot express team. A1C Radabaugh also personally organized a team from MPF, TMO and finance to meet with Colonel Dahlbeck and conduct outprocessing at his office. His attention to detail also prevented processing delays for 15 airmen.”



Airman 1st Class
Brandon Radabaugh

Master Sgt. Michael Mathes

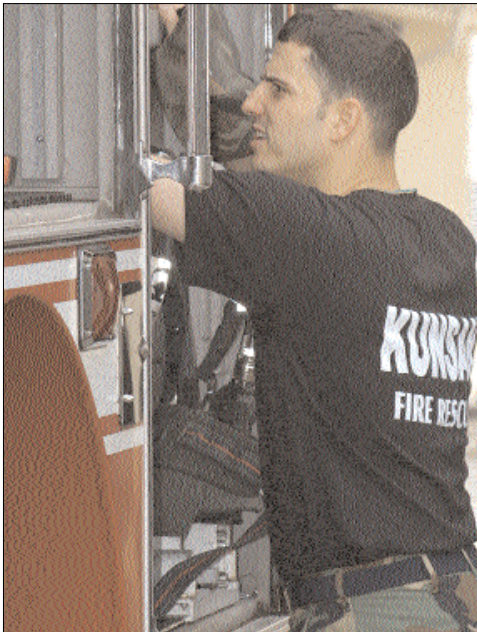
8th Mission Support Squadron superintendent personnel relocations



Two Kunsan firefighters respond to a simulated fire at lodging during the Operational Readiness Inspection. The base's 58 military and civilian firefighters, members of the 8th Civil Engineer Squadron, are ready to respond around the clock to mishaps ranging from aircraft and hazardous materials accidents to minor medical emergencies.



Staff Sgt. Mark Johnson rolls out of the station shortly after shift change.



Staff Sgt. Milton Miranda checks the equipment on his vehicle.



Staff Sgt. Brian Haymond operates the radio in the fire station's alarm room.

FIRE DAWGS

Protecting the 'Kun' around the clock

Story and photos by Master Sgt. Mark Haviland
8th Fighter Wing Public Affairs

At about 8:20 a.m., the large, open-bay parking area of the Kunsan fire house comes to life as small pockets of firefighters gather here and there. For the most part, the conversation is light — the early morning banter of people who want to talk about anything and everything except work.

To an outsider, the scene could be played out in almost any workcenter around the base. One shift going off, one shift coming on, and the chance to catch up with people who work opposite 24-hour shifts. For a while, it's almost easy to forget where they work, that is until the voice booms over the station's loudspeakers announcing that it's 8:30 a.m.

Time for roll call, a time-honored tradition played out every day in fire stations around the world. The off-going and on-going shifts stand facing each other, as vehicle assignments, safety briefings, schedule changes and squadron announcements are read.

At the feet of each member of the fresh shift is their personal equipment — the helmet, protective suit and boots that are the stuff of any child's dreams, but for them, it's a visual reminder that the well-being of the base population is now in their hands.

"We plan for the worst and hope for the best," said Master Sgt. John Wylie, 8th Civil Engineer Squadron deputy fire chief. "You never know when the bells are going to go off; you just never know."

At Kunsan, like most Air Force bases, planning for the worst means making sure the base's firefighters are ready to respond to mishaps ranging from aircraft and hazardous materials accidents to minor medical emergencies in the dormitories.

As must be expected, good people are the key to maintaining the standards of the Air Force fire-

"We're warriors too. Defend the base, accept follow-on forces, take the fight north? We can do all of that and we're ready for the call."

— Master Sgt. Jimmie Sampson
8th Civil Engineer Squadron fire chief

fighter mission and the mission of the Wolf Pack, according to Senior Master Sgt. Jimmie Sampson, the 8th CES fire chief.

Sampson, who brought 22 years of firefighting experience with him to Kunsan May 8, said he's already impressed with the firefighters working for him.

"They're a great bunch of guys," Sampson said. "They give 100 percent on every response, no matter how small."

The new chief credits that discipline to a mind-set that begins with firefighter training at Goodfellow Air Force Base, Texas.

"They come out of the basic course with that discipline instilled in them," Sampson explained. "It's maintained through traditions like a formal roll call, where responsibilities and leadership roles are assigned. That's the standard and when we get out on the fire ground, or we go to war, we have that structure, that foundation instilled."

According to Wylie, a former instructor at the "fire school," the training received in Texas is invaluable to the firefighters and the unit they join.

"When they graduate, they're mission ready — we give them silver clothes and put them on a

truck," explained Wylie. "[That's important because] on the fire ground, when I tell someone to do something, I don't have the time to go back and make sure they did it — you have to trust everyone with your life."

Despite the fact that those life and death situations don't happen every day at Kunsan, it's still a situation every firefighter here is prepared for, according to Wylie.

"We train a lot," he said. "Complacency is our worst enemy."

As part of the daily routine, each shift's 24-hours on duty is broken down hour by hour for training, according to Staff Sgt. Patrick King.

In addition to upgrade training and maintaining a variety of DoD certifications, the firefighters continuously train for structure and aircraft fires, hazardous material accidents, medical emergencies, and day and nighttime responses, according to Sampson.

It's all about preparing for the worst — and supporting the mission — the firefighting mission and the Kunsan mission.

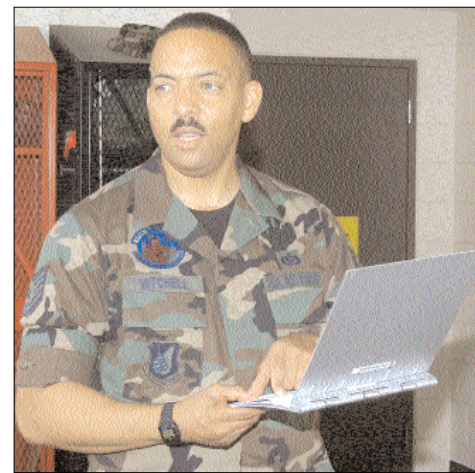
"Our mission is clear," said Sampson. "We're warriors too. Defend the base, accept follow-on forces, take the fight north? We can do all of that and we're ready for the call."

It's a mentality that's summed up by the firefighter's motto: "The desire to serve, the ability to perform, the courage to act," and a fitting addition to the legacy of the 8th CES "Red Devils."

"My main goal, one of the things I talk about at every newcomers briefing, is that I want everyone at Kunsan to go home safely at the end of their tour here," Sampson said.

The key to that, he said, is through an active education and prevention program, and involves every member of the Wolf Pack.

Rest assured, the firefighters here will uphold their end of the bargain. Nonbelievers can show up at 8:30 a.m., 365 days a year, to see for themselves.



Tech. Sgt. Keith Mitchell gives a briefing during the morning roll call.



Staff Sgt. Brian Haymond renders first aid during a major accident response exercise.

"The desire to serve, the ability to perform, the courage to act."



Today

Free food The Loring Club offers club members baked chicken 6 to 9 p.m. in the ballroom. For more information, call 782-4312 or 782-4575.

SonLight Inn The 8th Mainenance Squadron hosts a free meal at 6 p.m. The meal includes turkey breast with gravy, stuffing, mashed potatoes, rice pudding, dessert and more. For more information, call 782-4300.

Smorgasbord buffet The Loring Club hosts a super smorgasbord 11 a.m. to 1 p.m.

Karaoke Display your talent or cheer on others 8 p.m. to midnight at the Falcon Community Center.

Saturday

Nine-pin tournament The Yellow Sea Bowling Center hosts a nine-pin bowling tournament starting at 6:30 p.m. The entry fee is \$13. For more information, call 782-4608.

Darts 501 The Falcon Community Center offers a 501 dart tournament starting at 2 p.m. The winner receives a phone card.

E-Mart trip The Falcon Community Center hosts a shopping tour to E-Mart in Kunsan City. Busses depart the base at 10 a.m., noon, 2 and 4 p.m. Busses return to base at 1, 3 and 6:30 p.m. The cost is \$2. For more information, call 782-4619.

Wolf Pack Wheels Departs Kunsan for Osan AB at 7:30 and 10 a.m. The bus returns to base at 5 and 6 p.m. Tickets are \$10/\$9 one way and \$20/\$18 round trip.

Sunday

Brunch Extravaganza The Loring Club offers entrees and side dishes for Sunday brunch from 10:30 a.m. to 1 p.m. Price is \$11.95 per person for club members.

Dart tournament The Loring Club sponsors a dart tournament at 7 p.m.

Free throw tourney The Falcon Community Center hosts a free throw basketball tournament. The winner receives a phone card.

Chicken wings The Loring Club has 10 cent chicken wings 6 to 8 p.m.

B-I-N-G-O The Loring Club has bingo at 2 p.m. For more information, call 782-4575 or 782-4312.

Wolf Pack Wheels Departs Kunsan for Osan at 7:30 a.m. and noon. The bus returns to base at 5 and 6 p.m. Tickets are \$10/\$9 one way and \$20/\$18 round trip.

E-Mart trip The Falcon Community Center hosts a shopping tour to E-Mart in Kunsan City. The busses depart the base at 10 a.m., noon, 2 and 4 p.m. Busses return to base at 1, 3 and 6:30 p.m. The cost is \$2.

Monday

Mexican buffet The Loring Club has a Mexican buffet 11 a.m. to 1 p.m. The cost is \$5.85 for club members and \$6.85 for non-members.

Pool tournament The Loring Club offers a 9-Ball pool tournament at 7 p.m.

Double feature The Falcon Community Center hosts a double feature movie madness at 6 p.m. For more information, call 782-4619 or 782-4110.

Pizza The Loring Club has 50 cent pizza from 6 to 8 p.m.

Wolf Pack Wheels Departs Kunsan for Osan at 7:30 a.m. The bus returns to base at 5 p.m. Tickets are \$10 one way and \$20 round trip.

Tuesday

Sumo wrestling The Loring Club hosts sumo wrestling. For more information, call 782-4575 or 782-4312.

Double foosball tournament The Falcon Community Center hosts a double foosball tournament at 7 p.m.

Asian-Pacific American
Heritage Month
LUAU AT THE BASE POOL
7 to 11 p.m. Saturday
\$5 per ticket

- ❑ Ethnic dances
- ❑ Live band
- ❑ Martial arts demonstration
- ❑ Door prizes
- ❑ Traditional Filipino and Hawaiian cuisine: Lechon Pig, Lumpia and Pancit

Kun Burger The Loring Club has a \$2 Kun burger 6 to 8 p.m.

Oriental buffet The Loring Club has an Oriental buffet 11 a.m. to 1 p.m. The cost is \$5.85 for club members and \$6.85 for non-members.

Wolf Pack Wheels Departs Kunsan for Yongsan at 7:30 a.m. The bus returns to base at 3 p.m. Tickets are \$15 one way and \$30 round trip.

Wednesday

Free food The Loring Club offers club members Ruff Ryder roast beef 6 to 9 p.m. in the ballroom.

Texas barbecue The Loring Club has a Texas-style barbecue buffet 11 a.m. to 1 p.m.

8-Ball pool tourney The Loring Club hosts an 8-Ball tournament at 7 p.m.

8-Ball pool tourney The Falcon

Community Center hosts an 8-Ball tournament at 7 p.m. The winner receives a phone card.

Karaoke Display your talent or cheer on others 8 p.m. to midnight at the Falcon Community Center.

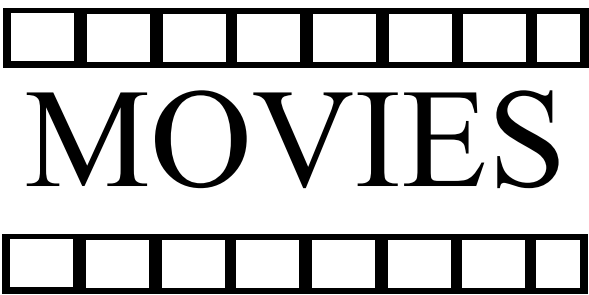
Thursday

Mongolian Barbecue The Loring Club offers Mongolian barbecue 5:30 to 8:30 p.m. For more information, call 782-4575 or 782-4312.

Pingpong Tournament The Falcon Community Center hosts a pingpong tournament at 7 p.m. The winner receives a phone card.

Country night The Loring Club has a country night with a disc jockey. For more information, call 782-4575 or 782-4312.

Submit your events for 7-Days by sending an e-mail to wolfpackwarrior@kunsan.af.mil. Submissions must include the time, date, place, point of contact and a phone number.



Saturday

“It Runs in the Family” (PG-13) 7 and 9:30 p.m.

Sunday

“The Core” (PG-13) Starring Aaron Eckhart and Hilary Swank. 7 and 8:30 p.m.

Tuesday

“The Core” (PG-13) 8 p.m.

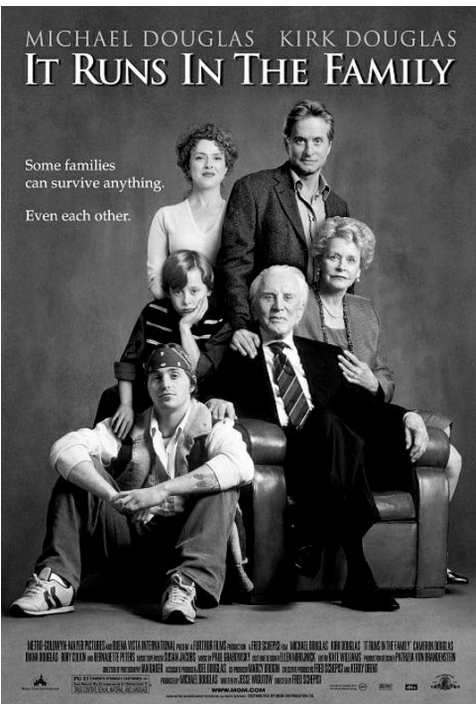
Wednesday

“Gangs of New York” (R) Starring Leonardo DeCaprio and Daniel Day-Lewis. 8 p.m.

Thursday

“Gangs of New York” (R) 8 p.m.

The theater is now closed Mondays. For more information, call 782-SHOW.



Tonight

“It Runs in the Family” (PG-13) Starring Kirk Douglas and Michael Douglas. 7 and 9:30 p.m.

FISHING TRIP TO THE YELLOW SEA

The Falcon Community Center sponsors a fishing trip to the Yellow Sea June 7 departing the center at 6 a.m. Registration ends Monday.

Club Membership Benefits

- ⇒ Free food (Wednesday and Friday nights)
- ⇒ Discounts on lunch and other meals
- ⇒ Eligible to win over \$200,000 in prizes
- ⇒ Free check cashing at any Air Force base
- ⇒ Discounts on entertainment and bingo
- ⇒ Chances to win vacations and trips

Education

CLEP/DANTES The education office offers CLEP/DANTES testing 8 a.m. Mondays and Fridays, and 8 a.m. and 1 p.m. Wednesdays. Call 782-5148 for an appointment. The Rosenblum Library offers a variety of CLEP and DANTES study material for loan. The library is open 9:30 a.m. to 9:30 p.m. daily.

Troop-to-Teachers Troops-to-Teachers provides referral assistance and placement services to military personnel interested in beginning a second career in public education as a teacher. The DANTES Troop-to-Teachers office helps applicants identify teacher certification requirements, programs leading to certification and employment opportunities. The office's new Web site is www.jobs2teach.doded.mil.

Note from the Wolf The education center is in need of teachers. Many enlisted personnel are trying to go to school here but often run into road blocks when it comes to course availability. This is often due to a lack of teacher base. Without the luxury of many college professors here, we must rely on our officer and enlisted corps to carry the load. If anyone is interested in teaching, please contact the colleges at the education center.

CDC testing Career Development Course testing is 9 a.m. Thursdays in building 1053, room 3. Unit training managers must make appointments for testing.

FSC

Family reunion briefing The family support center offers a family reunion briefing 3:30 Tuesday at the base theater. For more information, call 782-5644.

TAP Workshop The family support center hosts a transition assistance program class 8 a.m. to 4 p.m. June 26. Topics include: job search, resume writing, interview techniques, career exploration, legal affairs, medical insurance, Veterans Affairs benefits, relocation decisions, etc. For more information, call 782-5644.

Sponsorship Training The family support center gives sponsors the tools to help make new members' transition to Kunsan an easy one. Training is 10 to 11 a.m. every third Wednesday at the Sonlight Inn. Registration required, call 782-5644.

Return, reunion The family support center hosts a return and reunion briefing 3:30 p.m. Tuesdays at the base theater. The briefing addresses the challenges of returning home after a separation.

Smooth Move A briefing to answer questions about permanent-change-of-sta-

tion moves is 1 to 2:30 p.m. the second Wednesday of the month at the SonLight Inn. Legal, finance, housing, and medical experts provide information. Registration required, call 782-5644.

Volunteer Opportunities

SonLight Inn The SonLight Inn needs units to volunteer for the Friday meals. The chapel is looking for units to volunteer through Aug. 29. If interested or for more information, call Airman 1st Class Jessica Duplantis at 782-4300.

CISM peer counselors The life skills support clinic seeks volunteers interested in becoming critical incident stress management counselors. Counselors receive training. For more information, call Capt. Robert Vanecek at 782-4562.

Korean orphanage Volunteers are needed to help at the local Kae Chong Orphanage on a weekly basis. Kunsan people spend time with 40 children on Thursday nights. There is an English lesson and snack time that lasts for two hours. For more information, call Staff Sgt. Lynetta Williams or Staff Sgt. Jesse Hernandez at 782-4035.

Commissary bagging Base members can volunteer to sack groceries 1:30 to 6:30 p.m. weekends for tips. Sign up at the commissary.

Chapel

Protestant services General Protestant Worship Service is 11 a.m. Sundays and the Contemporary Praise and Worship Service/Bible study is 7 p.m. Wednesdays. Both services are conducted in the chapel. For information about any chapel services, call 782-4300.

Gospel Gospel services are 12:30 p.m. Sundays and the Inspirational Praise and Worship Service is 7:30 p.m. Fridays at the chapel.

Latter-day Saint Services are 3 p.m. Sundays at the chapel.

Church of Christ Services are 9:30 a.m. Sundays at the SonLight Inn, room 1.

Catholic services Mass is 5:30 p.m. Saturdays, 9 a.m. Sundays and 11:30 a.m. Monday through Thursday at the chapel. Catholic Reconciliation is by appointment Monday through Thursday and 4:30 to 5 p.m. Saturdays. R.C.I.A. is 7 p.m. Wednesdays in the chapel conference room. An "Overview

Destination: Everland Theme Park



Courtesy Photo

Why: As the seventh largest theme park in the world, Everland is the most famous name of leisure and recreation in Korea and attracts more than 10 million people a year. It consists of six parks, including a water park, speedway and safari.

Where: Yongin, Kyonggi Province

When: A bus leaves the community center at 7 a.m. June 14

How: Sign up at the community center by June 12. The cost for the tour is \$20 per person and \$16 for S.C.A.M., Special Consideration for Airman's Moral, Park admission is 28,000 won.

Source: <http://eng.everland.com/>

of the Scriptures" is 7 p.m. Thursdays in the chapel conference room.

SonLight Inn hours The SonLight Inn is open 6 a.m. to 10 p.m. Monday through Thursday, 6 p.m. to midnight Saturday and 8 a.m. to 10 p.m. Sunday every week. For more information, call 782-5466.

Prayer & Bible studies The chapel hosts several prayer and Bible study groups at the chapel and Sonlight Inn. Groups include:

□ Adult Sunday School, 9:30 a.m. Sundays, SLI, room 3.

□ Basic Christian Training, 9:30 a.m. Sundays at the SLI, room 3.

□ Korean-American Bible Study, 7:30 p.m. Mondays at the SLI, room 1.

□ Women's Fellowship, 7 p.m. Tuesdays and every third Thursday at the SLI, room 2.

□ Mid-Week Spiritual Boost, 12:15 p.m. Wednesdays at the chapel.

□ Intercessory Prayer, 8:30 p.m. Saturdays at the SLI, room 2.

Miscellaneous

Changes of command The 8th Maintenance Squadron change of command is Tuesday at 9 a.m. in Hangar 3. ***

The 8th Operations Group change of command is Wednesday at 9 a.m. in Hangar 3. ***

The 8th Operations Support Squadron change of command is June 6 at 9 a.m. in Hangar 3. ***

The 8th Medical Group change of command is June 10 at 9 a.m. in Hangar 3. ***

The 8th Service Squadron change of command is June 23 at 9 a.m. in the Loring Club ballroom.

Legal office closure The legal office will close Today for an office function. For emergency assistance, call 782-6000.

Submit your events for Bulletins by sending an e-mail to wolfpackwarrior@kunsan.af.mil.

FREE CLASSIFIEDS

To submit an item for Free Classifieds, send an e-mail to wolfpackwarrior@kunsan.af.mil with "classifieds" and the category (Wanted, For Sale or Lost & Found) in the subject block. All submissions must contain member's rank, name and phone number and must originate from the member's e-mail account. No "personal" ads will be accepted. Deadline for submissions is noon Friday a week prior to desired printing. For more information, call 782-4705.

Free

Free fish I'm PCSing soon and need to find a home for my fish. All you need to do is provide a tank. I don't want to have to flush them. For more information, call Staff Sgt. Sara Wells at 782-5770 (work) or 782-9809 (home).

For Sale

Motherboard 500 Mhz P3, comes with 384 MB RAM, Voodoo 3 video card and AWE 64 sound-card. The first reasonable offer gets it. For more information, call Staff Sgt. Chesley VanSickle at 782-8793.

Monthly Birthday Meal

The O'Malley Inn Dining Facility offers a special birthday meal June 8 at 6:15 p.m. for base members who's birthday are in June. People may register at the dining facility before June 6. For more information, call Senior Airman Serpeca Russell at 782-5538.

Airmen's Action Council

The airmen's action council meets 3 p.m. the last Tuesday of the month in the Loring Club Officers' Lounge. All airmen, E-1 to E-4, are invited to attend. For more information, call Senior Airman Catherine Hagin at 782-7383.

Traditional wedding

The family support center sponsors a traditional wedding trip 10 a.m. to 8 p.m. Saturday in Jeonju. For more information or to register, call 782-5644.

Need a taxi?

Call 782-4318

LRS swings past MXS 7-4

LRS winning streak continues from pre-season tournament to regular season opener

By Staff Sgt. Chuck Walker
8th Communications Squadron

The 8th Logistics Readiness Squadron built upon the momentum it garnered in picking up the preseason softball tournament crown last week.

Ryan Adams went 3-for-3 with four RBIs to lead LRS to a 7-4 victory against the 8th MXS in the first game of the intramural regular season Wednesday.

LRS scored three runs in the fourth and fifth innings and played great defense throughout in picking up the victory.

“It feels good to finally have some competition,” LRS coach William Hawk said. “We were pretty uncontested in the preseason tournament and it was good for our guys to get a good game on. MXS played good and our guys responded. It was a good first win.”

With the score tied 1-1, MXS scored two runs in the top of the fourth inning thanks to back-to-back RBI singles by Isaac Small and Charles Goodson to give MXS a 3-1 lead.

The lead was short-lived, however, as Adams, Hawk and Jeremy Teets each hit RBI singles for LRS in the bottom of the inning to give LRS a 4-3 lead.

LRS continued its good hitting in the bottom of the fifth thanks to an RBI by Aaron Smith and a two-RBI single by Adams to give LRS a 7-3 lead, that proved to be insurmountable.

Hawk said Adams’ hitting was a plus for LRS.

“It’s good to have somebody who can pick up everybody else,” Hawk said. “He really came through with his bat when we needed it.”

Adams said he was glad he had the opportunity to come through for his team.

“That’s what you’re always looking to do,” Adams said. “That’s the whole reason for batting fourth, to bring runs in. I did a good job of keeping the ball and not popping it up.”

Brian Cubetta, who went 2-for-3 and scored two runs for LRS, said his team finally came to life in the late innings.

“The first few innings our bats weren’t awake,” Cubetta said. “We finally started to get some base hits in the fourth and fifth innings. We did a heck of a job on defense. Our defense was there the whole game. Smitty [Aaron Smith] came up with some great



Photos by Senior Airman Andrew Svoboda

DIRECT HIT: Ryan Adams, 8th Logistics Readiness Squadron, went 3-for-3 with four RBIs to lead LRS to a 7-4 victory against the 8th Maintenance Squadron in the first game of the intramural regular season Wednesday.

plays.”

Hawk also had praise for Smith’s defense.

“When he makes plays like he did, it just pumps up the whole team,” Hawk said. “It’s contagious and everybody wants to be the next person to make a big play. It makes them want to strive that much more.”

MXS, meanwhile, had chances to come back but overran them, as in getting picked off trying to get extra bases, running themselves out of potential runs.

MXS coach Carl Dreessen said he doesn’t knock his team’s over-eagerness and thinks his team can improve.

“Our poor base running was due to overaggression,” Dreessen said. “It is just a matter of situational awareness. We were down at the time, and we didn’t need to be taking any chances on the bases. It was a good game though. A tight game and one you hate to lose. We just need to hit the ball better.”

Hawk said LRS should be one of the top contenders for the base crown this season.



INCOMING: Isaac Villanueva, 8th MXS shortstop, fires the ball to first base.

“We need to stay motivated and stay strong,” Hawk said. “We can’t get a big head. If we give 100 percent and play like we’re supposed to, I don’t see us losing. We just need to play like we can.”

SPORTS SHORTS

Summer bowling leagues

Sign-ups are going on now at the bowling center for summer mixed league bowling. The summer league is for bowlers of all skill levels. League starts the second week of June. Weekly prizes. For more information, call 782-4608.

USAF Marathon registration

Registration is underway for the 2003 U.S. Air Force Marathon scheduled for Sept. 20. Reduced fees for early registration are available until June 30. Registration deadline is Sept. 4. To register, visit the marathon Web site at <http://afmarathon.wpafb.af.mil>, or call the marathon office at (937) 257-4350 or (800) 467-1823.



Photo by Staff Sgt. A. J. Bosker

Spirit in the sky

Members of the Wood Brothers Race Team watch a B-2 Spirit stealth bomber fly over their Air Force Centennial of Flight race car. The B-2 conducted the flyover during pre-race ceremonies for the NASCAR Coca-Cola 600 at Lowe’s Motor Speedway May 25.

Ladies’ night bowling

Women bowl for free every Thursday night at the Yellow Sea Bowling Center.

Bowling lessons

Every Monday night, Yellow Sea Bowling Center offers reduced price and bowling assistance from an experienced bowler at noon, 2, 6:30 and 8:30 p.m. Price \$1 per game.

PACAF - Fit to Fight

Martial Arts Classes

Budo Taijutsu/Ninjutsu

Noon Saturday and Sunday - FREE

Tae Kwon Do

8 to 9 p.m. Monday to Thursday

Kuk Sool Hapkido

7 a.m. and 7 p.m. Monday to Friday

Tang Soo Do

6 a.m. and 7 p.m. Monday to Friday

Aerobics Classes

Monday

11:30 a.m. - Shaping and toning
5:45 p.m. - Abs
6 p.m. - Step Challenge

Tuesday

6:30 a.m. - Shaping and toning
11:30 a.m. - Shaping and toning

Wednesday

5:30 p.m. - Abs
6 p.m. - Cardio kick boxing

Thursday

6:30 a.m. - Shaping and toning
11:30 a.m. - Shaping and toning

Friday

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Saturday’s Sports Day Schedule

9 a.m. - Opening Ceremony at fitness center
9:30 a.m. - 100-meter Dash at the track
10 a.m. - Racquetball Tournament at fitness center
10 a.m. to 3 p.m. - Spin/Aeroba-Thon at the fitness center
10 a.m. - Tug of War at the football field
1 p.m. - Home Run Derby at the softball field
10 a.m. - 3 on 3 Basketball at the fitness center
11 a.m. - 1600-meter Relay at the track
11 a.m. - 2-on-2 Beach Volleyball at CES squadron lounge
11 a.m. - Open Horseshoe Doubles at CES squadron lounge
2:30 p.m. - Chiefs vs. Eagles Softball at the softball field
4 p.m. - 5K Run at the fitness center

Lifeguards Needed

Fitness center seeks volunteer lifeguards for upcoming season.

For more information, call 782-4026.



Tobacco Cessation



The health and wellness center offers free smoking cessation classes.

For more information, call 782-4305.

Spin classes

Spin classes are now held in building 1907, the softball scorer's box. Class hours are:

Today Noon and 5 p.m.
Monday Noon and 5 p.m.
Tuesday 5:30 a.m. and Noon
Wednesday Noon and 5 p.m.
Thursday 5:30 a.m. and Noon

Fitness center hours

The sports and fitness center hours are:

Monday to Thursday
4:30 a.m. to midnight
Friday
4:30 a.m. to 11 p.m.
Weekends, holiday and down days
8 a.m. to 9 p.m.



Golf course

The West Wing Golf Course offers many services including golf club rental, pull cart rental, handicapping services, intramural golf, golf lessons and club fittings. People desiring to complete in tournaments are required to have a handicap. Handicaps can be established by turning in scorecards to the pro shop with name and date estimated return from overseas. Establishing a handicap is free.

Nutrition helps achieve fitness goals

By Senior Airman Steve Grever
5th Bomb Wing Public Affairs

MINOT AIR FORCE BASE, N.D.

— To achieve overall fitness, health and wellness, people need to consider their nutritional requirements as well as their physical needs.

“Good nutrition goes hand in hand with exercise to help a person live a healthier lifestyle,” said Tech. Sgt. Ronald Cochran, NCOIC of the base health and wellness center here.

“For those wanting to maintain or lose weight, they should pay close attention to the number of servings they consume daily of both high-carbohydrate foods and high-fat foods,” Cochran said.

“Excessive intake of these foods causes weight gain as well as potentially elevating a person's blood cholesterol and triglyceride levels.”

Cochran said eating smaller meals more frequently is much healthier than eating one or two larger meals daily.

“(Eating smaller meals) helps increase a person's metabolic rate, which causes calories to be burned quicker,” he said.

Tech. Sgt. Dan Borca, fitness center manager here, said having well-planned, balanced meals is one of the keys to eating healthily.

“A meal should consist of protein, carbohydrates and fats,” Borca said. “Fat is an integral part of nutrition. Fat is the most concentrated form of energy, and our body derives energy from fat when other means of energy are depleted. Fat is also critical because it insu-



Courtesy graphic

lates and protects the body's vital organs from injuries.”

However, too much fat in a person's diet could be unhealthy, he said.

“When people consume too much fat, it can lead to many health problems like arteriosclerosis, which is a deposit of fatty substance, and weight gain,” he said. “Excess fatty deposits in the heart are considered a health risk because they can cause ... heart disease.”

To find the right nutritional mix, Borca said carbohydrates and protein are equally important in a person's diet.

“When eating carbs, consider complex carbs like whole grains, green, leafy and brightly-colored vegetables and fruits,” Borca said. “Consider your own activity level when consuming carbohydrates since the carbohydrate is the body's number-one source of energy.”

Carbohydrates should make up 60 to

65 percent of a person's daily calorie intake, he said.

To round out the best nutrition plan, people need a healthy dose of protein every day. Some good sources of protein are beef, pork, poultry, fish, eggs, beans and lentils. Protein gives the body its building blocks for tissue repair and muscle growth, as well as helping people have a better immune system, Borca said.

“A better immune system is vital in every aspect of a healthy body,” he said. “In bodybuilding, protein is extremely important because muscles are made out of protein molecules called amino acids. Amino acids are found in meat products.”

Cochran said eating a variety of healthy foods daily, using the food pyramid as a guide, and choosing smaller, more frequent meals puts better nutrition within reach.



OFF-ROAD WARRIORS: Darla Edmonds (left), a Kunsan family member, and Mark Naglack (below), 8th Maintenance Squadron, were among four Wolf Pack members who participated in the Korean National Mountain Biking Championships held at Muju Mountain Resort May 18. Edmonds placed second overall among women and Naglack finished seventh overall among the men.



Courtesy photos

Health Fair - 10 a.m. to 2 p.m. June 7 at the Base Exchange

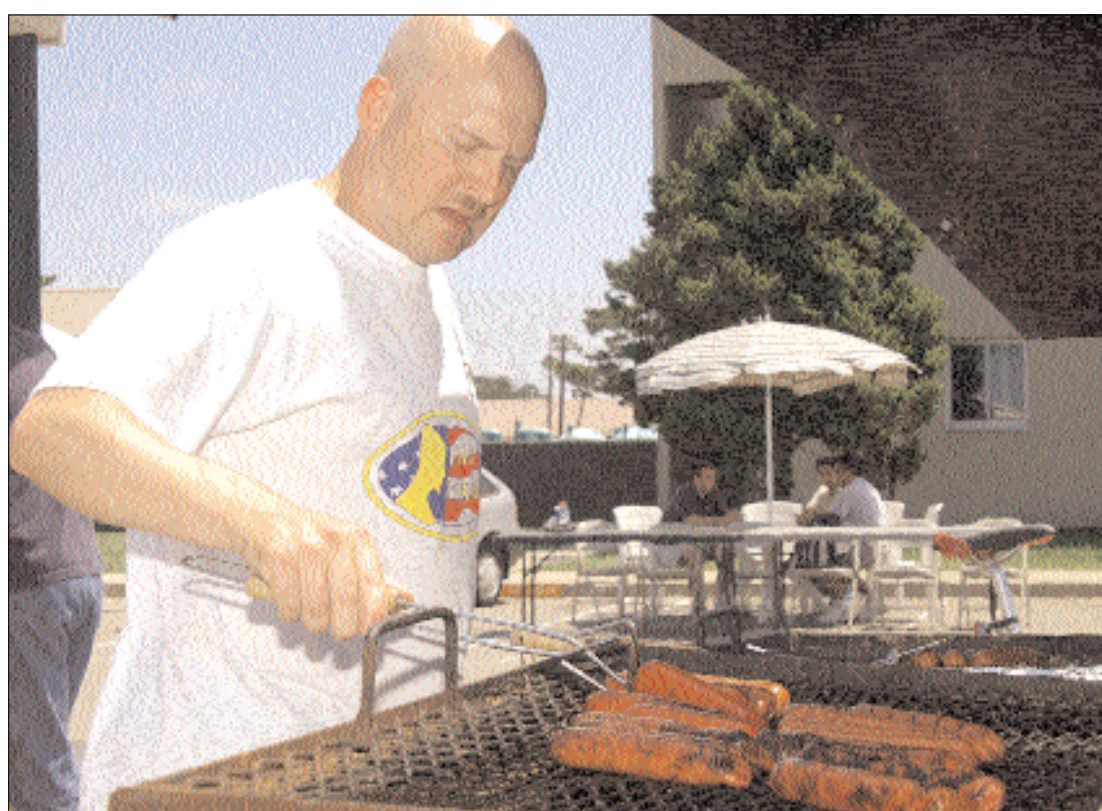
Cholesterol, diabetes, and blood pressure checks available
Women's and men's health, fitness, nutrition, and dental information

MEMORIAL DAY BLOCK PARTY 2003



Photos by Staff Sgt. Chuck Walker

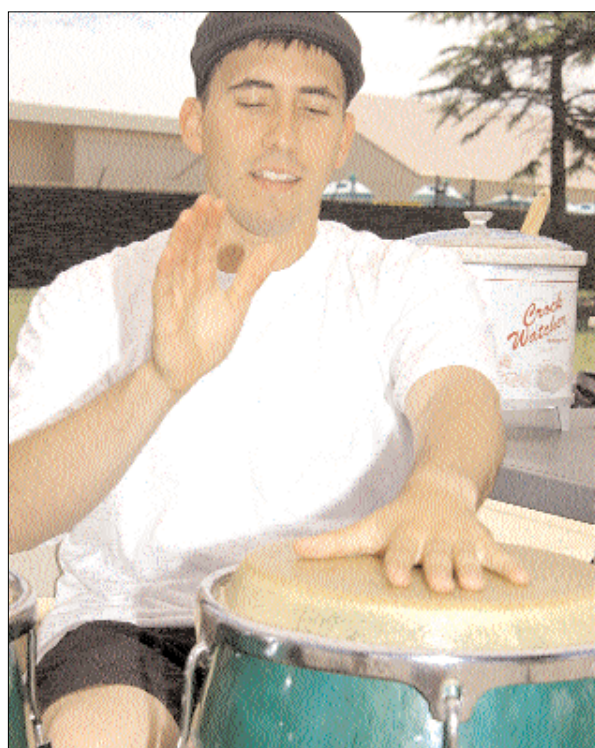
The Soto Band entertained Wolf Pack members by performing a variety of music in the parking lot across from the Loring Club Monday afternoon.



Staff Sgt. Kevin Shark, 8th Logistics Readiness Squadron, cooked sausages and hot links during the block party. More than 20 booths were set up by base organizations and booster clubs to serve food and raise money.



1st Lt. Edgar Cadua, 8th Medical Operations Support Squadron and a member of the Asian-Pacific American Heritage committee, serves the traditional Filipino dish pancit.



Eliezer Santiago, a member of Kunsan's Latin club, Los Lobos, played bongos at Los Lobos' booth Monday.



A gathering of Wolf Pack members cheers on the Soto Band, who performed Monday afternoon.